

SEPTEMBER/OCTOBER 2021 • VOLUME 16 ISSUE 5

# COMMUNITY WELLNESS

## Health Literacy? Why it Matters.

Nicole M. Sutton, Office of Health Equity, DOH-Hillsborough

October is Health Literacy Month. You may have heard the term “health literacy” several times over this last year, but wondered “what does that exactly mean”?

It’s a valid question since we think about the word “literacy” as being the ability to read, write, and understand words or language. But health literacy is much deeper and made of two important parts. The first part is our personal health literacy or degree to which we have the ability to find, understand, and use information and services to inform health-related decisions and actions for ourselves or the ones we care for, such as children or older relatives. The second part is organizational health literacy which is the degree to which agencies like the Department of Health - Hillsborough and others empower individuals to find, understand, and use health-related information and services. These two elements of health literacy influence one another and can impact the health of entire groups of people.

While people from all walks of life can struggle with health information, some individuals may experience more challenges. This includes older adults, people who immigrated or migrated to a new place, individuals with a first-language other than English, those living with chronic health conditions or a disability, and people with lower incomes. There are several reasons why these groups are more affected, but most important is the possible impact on their safety and well-being. These individuals are more likely to seek emergency room care, experience more hospital stays, experience challenges in following or completing treatment plans, may experience the worsening of a health issue that can become a long-term illness, and can experience premature death that could have been prevented.

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# Vaccine Urgency, No More Hesitancy

**LESLENE E. GORDON, PHD, RD, LD/N  
COMMUNITY HEALTH DIRECTOR**

I would feel irresponsible if I did not use this opportunity to talk about COVID-19 vaccinations and the urgent need for many more people to be vaccinated. It's maybe the last thing many want to hear about or talk about as most are frankly tired of the constant messaging on all things COVID. So, I beg for your indulgence in discussing a topic that has caused discord, angst, and pain in more ways than one. The discussion on vaccination is vital and a life or death concern.

COVID is not the flu, it is truly a dangerous disease that can impact many systems of the body for years to come. And of course, you can die from COVID.

I'm not going to bore you with statistical data. I believe everyone understands that we have been in the midst of a pandemic for more than a year. When vaccines were first approved our expectation was that our cases of COVID would go down. That has not been the case because too many people have chosen not to be vaccinated. The number of individuals testing positive for COVID continues to rise. Yes, the Delta variant certainly is a major contributor to our return to high numbers and increased hospitalizations. But part of the problem is that many vaccinated and unvaccinated individuals continue to mingle.

A significant percentage of our population has chosen not to be vaccinated. There are a variety of reasons that people don't get vaccinated; some people are influenced by misinformation, and some by myths; some people have simply put off the decision; and many people are more worried about an effective vaccine, than they are worried about a virus that can disable and kill.

The truth is, there are no drugs or medicines that are totally without side effects. There is risk to taking even an aspirin, but we take these medicines because the benefits outweigh the risks. Two of the COVID vaccines available to us are over 90% effective against a virus that will kill. The benefits outweigh the risk!

I like the way Dr. Leana Wen talks about the vaccine "she says that you should think of your COVID-19 vaccine like a very good raincoat: If it's drizzling or you're in a rainstorm? You're well-protected. "But if you're going in and out of thunderstorms every single day and now there's a hurricane — at some point you're going to get wet," We are experiencing a hurricane now as it relates to COVID. I believe what Dr. Wen is saying is that we are going to get wet, that is, possibly get infected, even if we have been vaccinated. You need to have your raincoat on so that you don't get soaked (that is, very sick or die). If you haven't had your shot yet please don't delay any longer. We have already seen in the media too many people or family members express regret about not getting the vaccine when they become very ill or a family member has passed. Don't wait until you are hospitalized to ask for the vaccine, because it may be too late then.

Find one of the many locations to get vaccinated and protect your community, yourself, and the little ones in our lives who are not yet eligible to get this vaccine. Vaccines are currently our main defense against COVID-19 and that's the truth.

Go to [www.vaccines.gov](https://www.vaccines.gov) for more information and to find a vaccine near you.

**Have a question or comment? Email us:** [DLCHD29WebsiteDistribution@flhealth.gov](mailto:DLCHD29WebsiteDistribution@flhealth.gov)

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For these reasons, Department of Health – Hillsborough is committed to increasing the awareness of our employees about health literacy and its impact on community members, as well as integrating ways to improve our organizational health literacy practices. Doing so supports our belief *that good health should be an option for everyone*.

We encourage you to find out more about health literacy by visiting these links:

- <https://www.ucf.edu/news/why-health-literacy-matters-especially-during-covid-19/>
- <https://www.cdc.gov/healthliteracy/index.html>
- <https://health.gov/healthliteracyonline/full/>

**Steps you can take to improve your health literacy include:**

Ask your healthcare provider these 3 questions:

- 1 What is my main health problem?
- 2 What do I need to do?
- 3 Why is it important for me to do this?

 Make sure you understand what your healthcare provider tells you. When in doubt, ask questions.

 If English isn't your first language, tell your healthcare provider. Ask for a translator and for educational materials that are in your preferred language.



Get Healthy Stay Healthy, 2019

## Rainbow Ice Pops

### Ingredients

- 1 1/2 cups diced strawberries, cantaloupe and watermelon
- 1/2 cup blueberries
- 2 cups 100 percent apple juice (or another favorite juice)
- 6 paper cups (6-8 ounces each)
- 6 craft sticks

### Instructions

1. Mix the fruit and berries together and divide evenly into the paper cups.
  2. Pour 1/3 cup of juice into each paper cup. Place the cups on a level surface in the freezer.
  3. Freeze until partially frozen; approximately 1 hour. Insert craft stick into center of each pop.
  4. Freeze until firm.
- Serves 6.



# What We Must Consider About Homelessness

***Written by Rolando Trejos Saucedo***

Lately there is a lot of talk about homelessness in Hillsborough county. Often those conversations are framed around housing availability, accessibility, and affordability as policy-level factors that are very difficult to change or improve. However, frequently overlooked is the reality that homelessness results from dynamic systems that involve barriers that are everyday experiences to almost *all of us*. For example, leaving our hometown for college in another city or state can limit our social support and financial resources. This can create a risk for experiencing homelessness. Another example is thinking about *how* many months of savings we would need to be able to cover all our expenses if we become unemployed today. Likely few of us would have that amount of funds and that also creates a risk for experiencing homelessness.

In examining how homelessness happens, mental health is another factor that must be well-thought through. Research on homelessness continues to show an association between homelessness and behavioral health conditions. Findings suggest that mental and behavioral health conditions cause major challenges like limiting individuals' ability to access social services, find housing, or get a job. We still tend to only see this from the perspective of individual characteristics or impairments of someone's behavioral health conditions which is misleading. The truth is there are many larger systems level factors that contribute to increased risk of experiencing homelessness by those experiencing mental health challenges. This involves the affordability of and access to health care including mental health services and medications that support someone's mental health. These barriers are influenced by policies made at much higher levels by decisionmakers. To not acknowledge these higher-level barriers disregards the complexity of trying to solve homelessness for entire groups of people.

To genuinely address homelessness we must consider the influences from the individual, community, organizational, and societal levels. We need to make decisions that create programs, services, and interventions that go beyond a "one-size-fits-all" approach and holistically address the needs of individuals and groups being impacted. We need to acknowledge that some groups have been inequitably impacted because of factors beyond their individual characteristics like stigma and discrimination, and we must prioritize these groups with effective that ensure equitable quality care and improved life conditions. We must work at all levels to breakdown the stigma, prejudice, and stereotypes about those experiencing homelessness and mental health conditions. And we must increase the capacity of our community services to be inclusive and culturally responsive to those in need.

There is so much work to be done to end homelessness. While there are no simple approaches to addressing it, the time is now to act. It will take all of us working together at all different levels where we have influence to affect change.

# Participate in the *Screen to Save* (S2S) cancer education study



## WHO?

- If you are **Spanish** or **English** speaking
- If you are between **50 and 75** years of age
- If you live in **Hillsborough, Pinellas, Polk** or **Pasco** County

## WHAT?

- Take part in a 1 hour colorectal cancer educational session
- Complete educational surveys and receive a \$10 gift card for your participation
- You may qualify for a **study-related** colorectal cancer screening

## WHY?

- To increase colorectal cancer education and screening rates among men and women age 50 to 75 years

Please call **813-745-8864** if you would like more information or if you are interested in taking part in this project known as the Screen to Save (S2S) project.

PI: Clement Gwede, PhD/Advarra IRB# PRO00020962



H. LEE MOFFITT CANCER CENTER & RESEARCH INSTITUTE, AN NCI COMPREHENSIVE CANCER CENTER - TAMPA, FL 1-888-MOFFITT | MOFFITT.org

# Preparing for a Weather Emergency

*Extreme weather and natural disasters can occur with little warning. Are you ready to leave your home at a moment's notice?*

## Make a Plan

You can reduce your anxiety by making sure you are prepared if, and when, they happen. Here are some tips to help you get started.

- **Check your insurance.** Find out if any of your home, health, or other insurance policies will pay for temporary shelter, replacement clothing, furniture, or other items if you are affected by extreme weather or a disaster.
- **Prepare your home.** If you live where storms and flooding are likely, visit [floodsmart.gov](https://www.floodsmart.gov) to learn about FEMA's National Flood Insurance Program.
- **Plan for your pets.** If you're like millions of animal owners, your pet is an important member of your household. A little planning today can help ensure safety for your pets during an emergency.
- **Choose an out-of-town contact.** Ask a friend or relative to be the point of contact for your family. Make sure everyone in your family has the information. After some emergencies, it can be easier to make a long distance call than a local one.
- **Sign up for alerts and warnings in your area.** Public safety officials use systems to alert you and your family in the event of severe weather and disasters.

## Organize Your Finances

In a disaster, financial readiness is as important as a flashlight with fully charged batteries. Leaving your home can be stressful, but knowing that your financial documents are up to date, in one place, and portable can make a big difference. If you're missing important documents, now's the time to replace them.

- **Do a household inventory.** Make a list of your possessions and document it with photos or a video. This could help if you file insurance claims.
- **Take advantage of technology.** Technology offers tools — like online bill-pay, virtual safe deposit boxes, and USB flash drives — for safeguarding your important documents. It also can make it easier to get to your records, and more convenient to update them.
- **Buy a lockable, fireproof file box.** Put important documents in it and keep it in a secure, accessible location so you can grab it and go. Include your household inventory, a list of emergency contacts, copies of current prescriptions, insurance information, and copies of other important financial and family records — or notes about where they are.
- **Rent a safe deposit box.** Documents to store might include: leases and ownership records; credit and loan agreements; birth certificates; Social Security cards; and military papers. For quicker access, consider placing originals in your fireproof box and copies in your safe deposit box. Some banks offer virtual safe deposit boxes for storing documents, photos, and videos online.
- **Update your information.** Review the contents of your household inventory, your fireproof box, safe deposit box, and the information for your out-of-town contact at least once a year.

# Yoga For Health: Positioning Your Body and Mind

**Have you rolled out a yoga mat lately?** If so, you're among many who have taken up yoga to relax and stay fit. One in seven adults in the U.S. has practiced yoga in the past year. Yoga may help bring several health and wellness benefits.

Based in Indian philosophy, yoga involves both the body and mind. It began as a spiritual practice. Modern yoga focuses more on physical poses, breathing techniques, and meditation. Meditation involves exercises that help you clear and calm your thoughts.

"With practice, yoga can teach you to direct the mind on a single object," explains Dr. Pamela Jeter, an NIH expert on yoga research. "It's practicing being aware and present from moment to moment."

But, she says, it takes a lot of practice. She suggests focusing on the physical aspects at first. With time, the meditation part becomes easier.

There are many types of yoga. Some are slower and focus on holding poses. Others involve flowing movements that connect to your breathing.

Research suggests that yoga may help improve general wellness. In studies, yoga has helped some people manage stress, improve mental health, lose weight, or quit smoking.

There's also evidence that yoga may be helpful for some medical conditions. Yoga may help lessen pain and menopause symptoms. It improved sleep in studies of older adults and people with cancer.

Several studies have shown that yoga can help those with chronic low back pain. Some experts now recommend it as a first-line treatment for low back pain, among other non-drug treatments.

But, Jeter cautions, more high-quality research is needed to confirm yoga's health benefits. "There's a lot of research out there for different health conditions, but there's not enough to say for sure," she says. Yoga shouldn't replace treatment from your health care provider.

It's also unclear what it is about yoga that helps. The practice combines physical, mental, and spiritual elements. "There are a lot of components in yoga. We don't know what the active ingredient is," Jeter says.

Research into yoga is ongoing. Studies are now looking at whether yoga is helpful for specific groups of people. For example, whether it can reduce chronic pain for military veterans or improve quality of life for people who have had breast cancer. New studies are also looking into whether yoga may help mental health conditions like anxiety, depression, and post-traumatic stress disorder (PTSD).

What should you know if you're thinking about starting yoga? "Start slowly and carefully in order to avoid any sort of injury," Jeter says. If you have a medical condition, talk with your health care provider before getting started.

Everyone's body is different. Yoga postures should be modified based on your abilities. Choose an instructor who is experienced and attentive to your needs.

You may also want to seek out a yoga therapist. "Yoga therapists have more extensive training than that required of a regular yoga teacher," Jeter explains. "They're trained to work with different conditions and mostly work one-on-one or in small groups."

### Getting Started With Yoga

- Start with an appropriate yoga class. Look for ones called beginner level, "gentle" yoga, or senior classes.
- Ask about the training and experience of the yoga instructor you're considering.
- Talk with your health care provider before trying yoga if you're pregnant, older, or have a health condition.
- Let your yoga instructor know about your individual needs and any medical issues.
- Go slowly to prevent injury. Avoid extreme positions and forceful breathing. Listen to your body.

Source: <https://newsinhealth.nih.gov/2019/11/yoga-health>

## Heart Attack Symptoms: Know What's A Medical Emergency

**Whether your symptoms seem obvious or are more subtle, take them seriously and get medical care.**

### Typical heart attack symptoms

- **Chest discomfort or pain.** This discomfort or pain can feel like a tight ache, pressure, fullness or squeezing in your chest lasting more than a few minutes. This discomfort may come and go.
- **Upper body pain.** Pain or discomfort may spread beyond your chest to your shoulders, arms, back, neck, teeth or jaw. You may have upper body pain with no chest discomfort.
- **Stomach pain.** Pain may extend downward into your abdominal area and may feel like heartburn.
- **Shortness of breath.** You may pant for breath or try to take in deep breaths. This often occurs before you develop chest discomfort, or you may not experience any chest discomfort.
- **Anxiety.** You may feel a sense of doom or feel as if you're having a panic attack for no apparent reason.
- **Lightheadedness.** In addition to feeling chest pressure, you may feel dizzy or feel like you might pass out.
- **Sweating.** You may suddenly break into a sweat with cold, clammy skin.
- **Nausea and vomiting.** You may feel sick to your stomach or vomit.
- **Heart palpitations.** You may feel as if your heart is skipping beats, or you may just be very aware that your heart is beating.

### **Get help immediately**

Heart attack symptoms can vary widely. For instance, you may have only minor chest discomfort while someone else has excruciating pain. One thing applies to everyone, though: If you suspect that you're having a heart attack, call 911 or your local emergency medical services number.

If you don't have access to emergency medical services, have someone drive you to the nearest hospital. Drive yourself only as a last resort, if there are absolutely no other options.

### **Symptoms may not be dramatic**

Movies and TV often portray heart attacks as dramatic, chest-clutching events. But heart attacks often begin with subtle symptoms — such as discomfort that may not even be described as pain. It can be tempting to try to downplay your symptoms or brush them off as indigestion or anxiety. But don't "tough out" heart attack symptoms for more than five minutes. Call 911 or other emergency medical services for help.

### **Women may have different symptoms**

Women may have all, many, a few or none of the typical heart attack symptoms. Some type of pain, pressure or discomfort in the chest is still a common symptom of a heart attack in women. However, many women have heart attack symptoms without chest pain. They may include:

- Pain in the neck, back, shoulders or jaw
- Shortness of breath
- Abdominal pain or "heartburn"
- Pain in one or both arms
- Nausea or vomiting
- Dizziness or fainting
- Unusual or unexplained fatigue, possibly for days

### **Additional information for older adults and people with diabetes**

Older adults and people with diabetes may have no or very mild symptoms of a heart attack. Never dismiss heart attack symptoms, even if they don't seem serious



## Low-Dose CT Lung Screening VOUCHER PROGRAM

Lung cancer is the leading cause of cancer death because it is often found when the disease is difficult to treat. However, screening finds lung cancer at its earliest, treatable, and sometimes curable stage. Moffitt's Program for Outreach, Wellness, Education, and Resources (M-POWER) offers free lung cancer screenings to qualifying individuals. A doctor's referral will be required.

***To see if you qualify for a lung voucher call 813-745-5662.***

### **If you answer yes to the following questions:**

- Live in Pinellas, Hillsborough, Pasco, or Polk county?
- Are uninsured?
- Not on a student or tourist visa?
- Meet the income guideline of <200% the Federal Poverty Level?
- 50 years of age or older?
- Current or former smoker with a 20 pack-year\* smoking history?
- Are not symptomatic for lung cancer (coughing up blood or unexplained weight loss)?

***You may be able to receive a no cost lung screening.***

**\*PACK-YEAR = # OF YEARS SMOKED X  
PACKS SMOKED PER DAY**



# NO COST DENTAL CARE

The following services are available to Hillsborough County residents through the Community Dental Health Program:

## Infants and Children

### **6 Months – 5 Years**

- Twice yearly professional cleanings and exams including x-rays
- Fluoride and sealants
- Fillings and extractions
- Other emergency and restorative work

## Children and Young Adults

### **6 Years – 20 Years**

- Fillings and extractions
- Other emergency and restorative work

## Pregnant and Post-Partum Women

- Screenings and preventive services
- Early and urgent care
- During all trimesters
- Up to 6 months after birth



## MAKE YOUR MOUTH HAPPY

## 12 Locations in Hillsborough County

### CALL

813-373-8665

### EMAIL

Info.HillsWeb@FLHealth.gov



Income Restrictions Apply.

<http://hillsborough.floridahealth.gov/>



# Florida Department of Health in Hillsborough County Honored for Innovation in Public Health

*Florida Department of Health in Hillsborough County* was honored with the 2021 Silver Innovative Practice Award by the National Association of County and City Health Officials (NACCHO). The award celebrates local health departments for developing innovative programs to meet the needs of their community during the COVID-19 pandemic. The designation as a Silver Innovative Practice demonstrates a very high level of program innovation and reflects the collaboration, adaptability, and program resilience. This *Virtual Programming at the Florida Department of Health in Hillsborough County* program was one of five local health department programs to receive NACCHO's Silver Innovative Practice Award.

The team at the Florida Department of Health in Hillsborough prior to the pandemic maintained robust in-person programming that produced outcomes such as 7-8% weight loss, average decrease in A1c of .91, and 80% of individuals in wellness programming lost weight. When the realities of COVID-19 were understood, the Department quickly adapted these programs to virtual delivery methods based on the needs of the public. Programming was offered on a web-based platform, group call-in option, and wellness programming provided directly to senior citizens in communities via a closed-loop television channel. This virtual approach has proven to produce the same outcomes, in some cases better outcomes, than before the pandemic.

"These virtual delivery methods completely evolved our programs and we are committed to delivering virtual programs for the long term." said KELSEY CHRISTIAN, HEALTH EDUCATOR CONSULTANT, FLORIDA DEPARTMENT OF HEALTH IN HILLSBOROUGH COUNTY.)

Virtual programming has helped those we serve continue to get the health outcomes they are looking for:

- 7-8% average weight loss
- 80% of wellness program participants have lost weight
- Average decrease in A1c of .91

Innovative Practices are exciting approaches and strategies to local public health issues that were developed in response to the COVID-19 pandemic and were creatively adapted to meet the circumstances of the pandemic. *Virtual Programming at the Florida Department of Health in Hillsborough County* program is one of many successful public health practices in areas that range from health equity and face mask distribution programs to contactless delivery methods and drive through testing. Read more about these award-winning practices at the

[Innovative Practices Database.](#)

# GIFT @ Work

## A Worksite Wellness Program

### HOW IT WORKS



#### Increases In:

- Productivity
- Employee Morale
- Self-Esteem
- Overall Health Outcomes



#### Decreases In:

- Absenteeism
- Employee Turnover Rate
- Stress Levels
- Healthcare Costs



It is known that a productive company would not exist with unhealthy employees. Daily chores that we make can aid creating healthier, stronger, and happier versions of ourselves at work and at home. The Community Health Division within the Florida Department of Health in Hillsborough County is offering any businesses a corporate wellness program to improve the overall health of their employees.

If your business is interested, please call **(813) 559-4152** and learn how you can get started!

**EVERY DOLLAR  
INVESTED YIELDS \$6  
IN HEALTH-RELATED  
SAVINGS**



### Interested in receiving a copy of the newsletter?!

The Florida Department of Health in Hillsborough County's bi-monthly newsletter is available online at <http://hillsborough.floridahealth.gov/programs-and-services/community-health-planning-statistics/community-wellness-newsletter/index.html>.

The newsletter can be printed and mailed to your address for your convenience.

*To preserve your privacy*, if you would like to be added to the email distribution list or receive a mailed copy, please call (813) 307-8071 or email to [DLCHD29WebsiteDistribution@flhealth.gov](mailto:DLCHD29WebsiteDistribution@flhealth.gov).

# Want to be a healthier you? We can help!

The Florida Department of Health has **FREE** health education programs.

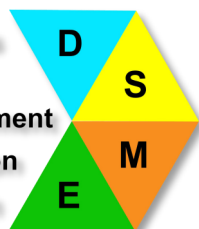
Call **813-307-8009** to register.

The logo for 'BP For Me' features the text 'BP F ME' in a bold, black, sans-serif font. A red heart with a white ECG line is positioned between the 'F' and 'M'.

## BP For Me

This 4 week program is designed for individuals who have high blood pressure and want to improve their heart health and reduce their risk for complications.

Diabetes  
Self-  
Management  
Education  
Program



## Diabetes Self Management Education

If you have been diagnosed with diabetes, learn how to better manage your condition in 7 weeks through reducing risks of complications, improving nutrition, increasing physical activity and self-monitoring, learning about medications, and practicing coping skills.



## Diabetes Prevention Program

This program can help anyone who is overweight, pre-diabetic, or at risk for Type 2 diabetes. Participants will learn and practice skills on healthy eating, being active, and positive coping for a healthy lifestyle change.



## Get Into Fitness Today

In a 6 week or 12 week program, participants learn about healthy eating, physical activity and ways to live a healthier life.



## Get Into Fitness Together– a Learning Emotional Activity Program (GIFT-LEAP)

This program is designed for ages 5-9 to encourage children to make healthy choices so that they can lead a healthy lifestyle into adulthood. The program is 6 weeks long and covers healthy eating, physical activity, and how to deal with stress and emotions. Families are welcome to join their 5-9 year-olds in the program!

## BREAST AND CERVICAL CANCER EARLY DETECTION PROGRAM

We offer **FREE** mammogram & pap smear testing!

For more information and to schedule an appointment, call **813-307-8082**.

### Upcoming mobile mammography:

*Tampa Family Health Center*

To schedule an appointment, call Sophia at **813-284-4529**

## Fl♥rida KidCare FLORIDA KIDCARE

The State of Florida health insurance for children (birth through age 18, even if one or both parents are working).

To apply by phone, call **1-888-540-5437**, or

**TTY-877-316-8748**.

To apply online, visit: [www.floridakidcare.org](http://www.floridakidcare.org).



## FL HEALTH CHARTS

Have you ever wonder how healthy your community or state is? Or how your own health status compares to other Floridians? If so, Florida Health Charts is a great resource that paints an accurate picture of the health status of our state — with factual information.

The website continues to provide the most up-to-date health statistics you'll find in Florida. Be sure to bookmark the new site: [www.FLHealthCHARTS.com](http://www.FLHealthCHARTS.com).

## PARKS AND RECREATION

Hillsborough County Parks, Recreation, and Conservation

[www.hillsboroughcounty.org/](http://www.hillsboroughcounty.org/)

Plant City Parks and Recreation

<https://www.plantcitygov.com/parksrec>

Tampa Parks and Recreation

<https://www.tampagov.net/parks-and-recreation>

Temple Terrace Parks and Recreation

[www.templeterrace.com/](http://www.templeterrace.com/)

Farmers Markets around Tampa Bay

<https://www.american towns.com/tampa-fl/local-food/>

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Breast/Cervical Cancer ..... 307-8082

Diabetes ..... 307-8009

Florida KidCare ..... 307-8082

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## PUBLIC HEALTH

PREPAREDNESS .....307-8042

PUBLIC INFORMATION OFFICER .....307-8044

## VITAL STATISTICS

(birth & death records) ..... 307-8002

\* All numbers are area code (813) unless otherwise indicated.



MISSION: To protect, promote, and improve the health of all people in Florida through integrated state, county, and community efforts.

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